

SHAKE DOWN, RATTLE AND ROLL

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner

Choreographer: Bill Bader

Music: The Shake by Neal McCoy

Throughout the dance, the hands may be positioned slightly forward at waist level (except, of course, when clapping). This will facilitate shoulder action.

DIAGONAL LEFT SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

1-2 Step left along forward/left diagonal and take 2 counts to drop left shoulder forward

3-4 Take 2 counts to bring right shoulder back. Weight shifts onto right.

THE SHAKE: Do the normal leaning forward and back shown for counts 1-4, but count 1&2, 3&4 and bring the shoulders alternately forward as follows: 1&2) Left-Right-Left, 3&4) Right-Left-Right.

5 Step left along forward/left diagonal

6 Slide right forward and step beside left

7 Step left forward continuing along forward/left diagonal

8 Stomp right beside left (no weight) and clap

DIAGONAL RIGHT SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

9-10 Step right along forward/right diagonal and take 2 counts to drop right shoulder forward

11-12 Take 2 counts to bring left shoulder back. Weight shifts onto left.

For 9-12 see THE SHAKE above, but use opposite shoulders (right-left-right, left-right-left)

13 Step right along forward/right diagonal

14 Slide left forward and step beside right

15 Step right forward continuing along forward/right diagonal

16 Stomp left beside right (no weight) and clap

3 ZIG-ZAGS BACK (BACK LEFT, STOMP/CLAP, BACK RIGHT, STOMP/CLAP, BACK LEFT WITH ¼ TURN, STOMP/CLAP); TOUCH FAR RIGHT, TOUCH TOGETHER

17 Step left diagonally back to left

18 Stomp right beside left with a light rebound and clap

- 19 Step right diagonally back to right
- 20 Stomp left beside right with a light rebound and clap
- 21 Step left diagonally back to left turning $\frac{1}{4}$ left (face 9:00)
- 22 Stomp right beside left with a light rebound and clap
- 23 Touch right toe slightly further than normal to right side
- 24 Touch right toe beside left

RIGHT HEEL TWICE, LEFT HEEL TWICE, BACK, TOGETHER, SHUFFLE FORWARD

- 25 Tap right heel down bouncing it up
- 26 Lower right heel
- 27 Tap left heel down bouncing it up
- 28 Lower left heel
- 29 Step right back
- 30 Step left back beside right
- 31&32 Shuffle forward: right-left-right (forward, slide together, forward)

REPEAT

THE SWIM: As in Neil McCoy's video of "The Shake", at 1-2, bring the left hand forward with a swimmer's crawl stroke. At counts 3-4 do the same with the right hand. At counts 9-10, swim with right hand first, then with left at 11-12.

THE ROLL: At counts 5-7 do a full turn to the left ROLL (along left diagonal) and at counts 13-15 do a full turn to the right ROLL (along right diagonal).